Koviloor Acadamy

"MY MOTHERLAND" SERIES" XE. NO. 13.

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KEEP OFF THE DOCTOR:

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விவேகானந்தர் சங்கம்
காரைக்குடி

நன்கொடையாளர் .....
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புத்தக எண்..... பதிவு எண்...XE.13.

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277

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KEEP OFF THE DOCTOR:

SIMPLE CURES FOR AILMENTS

This Pamphlet is intended for guidance in common ailments, where it is not necessary or possible to call in the doctor. And rarely is a doctor necessary where the person follows the rules of health: and in most illnesses, if the patient has the necessary patience and courage, not only can he get on without the doctor but will be far better off for having managed to avoid him.

For, it is idle to ignore the fact, now recognised by all sane people who have bestowed any thought on the subject, that drugs do more harm than good; and if any disease is curable, the chances of recovery are far better in the absence of drugs.

Later Pamphlets in this series have dealt with the natural method of dealing with even serious illness; and this one is restricted to common ailments, and in most cases, it is the misbandling of these, by doctors or the patient, that leads to danger.

The first symptom of ill-health is invariably loss of appetite. It is the first warning to every one that he has acted wrongly in respect of his body, specially the stomach.

Note the warning; and at once suspend further eating. In other words, fast, taking in only pure water.

Don't resort to any drugs to get appetite. Artificial appetite is worse than useless. Equally bad is the habit of forcing food into your stomach with the aid of pickles or savoury dishes. That accentuates the trouble.

Fasting helps the restoration of normal appetite in two ways. It facilitates the removal of harmful or rotten matter that has accumulated inside and gives rest to the body which has been weakened.

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Avoid in particular all stimulants, even coffee or tea. Alcohol is positively dangerous. Stop smoking even at some discomfort for the moment.

These are general directions in all illnesses. Not only should these harmful habits be avoided—you should even give up bad thoughts. They always retard recovery.

Where appetite is reduced, complete fasting for two or three days is essential. Where it is not possible, at least reduce the burden on the digestive organs by taking less food and restricting the daily intake to once or twice at the utmost for a few days until you feel normal.

In such food, take a good proportion of greens, vegetables, and fruits: and if these afford no relief, quarter to half an ounce of castor oil may be taken early morning till the bowels are set right.

Avoid food that will bind the bowels such as meat or any heavy food for a few days even after you recover appetite.

Constipation

From want of appetite to constipation, it is an easy transition; and constipation is the root cause of innumerable illnesses—not merely digestive but others, such as even cough asthma, or fever.

Improper diet and bad habits are the chief causes for constipation. Want of sufficient physical exercise and a sedentary life aggravates the trouble. It results when the system is heated with bad food. Grains free from bran or their outer coating, astringent foods, diets with an inadequate quantity of oily matter lead to constipation. Irregular habits in work and sleep and in attending to the calls of nature are the other causes.

Health is maintained so long as the impurities are regularly purged out of the system. Disease manifests itself when either bowels do not move regularly, urine does not discharge properly and in sufficient quantity, and when phlegm or sweat

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does not excrete from the system. When bowels do not move in time, the impurities get collected in the system most rapidly and give rise to various kinds of diseases.

Many are the modes of treatment advertised by druggists and medical men. The habit of purgatives is worse than constipation itself.

The case should be treated according to the cause. If food and drink are corrected, constipation will be removed. The treatment should be such as will remove the ailment but will not injure general health and induce the bad habit of introducing purgatives and even enemas.

It is said that enema treatment is safer than purgative ; but it must be noted that it is not the right kind of remedy. It enslaves the patient to a bad habit. Enema is the last resource as a temporary measure when other methods fail or cannot be used. Enema will just cleanse the lower bowels, cool the system for the time being but is not a radical cure for constipation.

If raw vegetables and grains and nuts are taken in a moderate quantity, constipation will be cured. If one is unable to consume raw food by itself, he should take a large quantity of raw vegetables and grains with boiled food. Fruits like plantains, etc., must be freely used. In fact if one were to take half a dozen plantains at bed time, he may avoid constipation. All astringent food which accentuates constipation must be removed from the diet. Instead of eating dal, whole grains should be taken without removing the bran. A pretty good quantity of fatty food like almonds, cocoanuts, sesame, groundnut, butter, ghee, &c., should be added to the diet.

A pint of cold water may be taken at bed time. The same may be repeated at 4 or 5 A.M. This will be sufficient for moving bowels or if necessary the same may be repeated once every two hours. During day time or while engaged in work, the same may be drunk as frequently as possible.

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Walking and breathing exercises will stimulate the bowels to work. Regulated time in sleep, waking up and attending to stools, will help the movement of bowels.

Such people as are unable to follow these instructions and who believe that purgatives alone must be resorted to, will do well to take quarter to half an ounce of castor oil both at bed-time and at rising. In course of time the quantity may be reduced and stopped and diet and cold water drinking attended to.

It is out of ignorance that the smokers of tobacco claim that smoking is a remedy for constipation. It is a suicidal habit. Tobacco has not this effect, and assuming that it has, it is hardly wise to make use of this dangerous element, when harmless ways of efficacious relief are available.

Vomitting

Various are the causes for Vomitting. Digestive disturbance with improper food and collection of impurities in the body are the chief causes. It may be the symptom of any diseases with these as causes.

Correct loss of appetite, constipation, dyspepsia, etc., by fasting, drinks that cool the system, and restricted diet. Complete fasting for three days with plenty of plain water will set right even the worst kind of Vomitting. Food must be easily digestible and antibilious. Fresh ginger may be freely used in food or its juice may be taken in quarter ounce dose early morning mixed with a little jaggery or honey. Fresh lime juice may be freely used with food or its juice may be combined with fresh ginger juice and taken till the digestive disturbance is set right.

Dyspepsia

Overloading the stomach with bulky and indigestible food when the power of digestion is upset or weakened is the cause for this common complaint. Neglected loss of appetite and constipation and want of control of the tongue with

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sedentary habits help dyspepsia. This affects persons who eat more than is needed for their system but do very little active work.

Nausea, vomiting, loss of appetite, stomach ache from the mildest to the unbearable type will be the chief symptoms—all due to decomposition of food in the stomach. People who are slaves to delicious dishes invite dyspepsia by taking in food before the food taken already is digested and assimilated.

Control the tongue. Restrict the diet. See that the bowels are not costive, that impurities like urine, phlegm, sweat and gases are not accumulated and then you are free from dyspepsia. Fast completely for three or more days with plenty of cold water at frequent intervals. Avoid all pulses and meat for days and months together. Take only fruit juice, butter milk, cocoanut water, vegetable soup and conjee water, either of rice or of wheat.

Make it a strict rule not to eat unless there is good appetite. It is suicidal to oblige friends and relatives in eating. Walking and breathing exercises are to be practised. Absence of nausea, vomitting, and stomach ache and the revival of normal appetite are the indications to return to normal diet.

Normal diet should not be resorted to suddenly but step by step.

Drugs and stimulants are decidedly harmful for all dyspeptic patients; they are to rely entirely on fasting, restrictions of diet and physical exercise, avoiding bad habits.

Diarrhoea and Dysentery

Bad food containing impure irritable matter is the chief cause of Diarrhoea or Dysentery if the food is taken at a time when the body is weakened and the digestive system is upset.

Correct diet. Avoid bulky indigestable food. Fast with plenty of cold water. Or take sips of sour butter milk.

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cocoanut water, bran water prepared by boiling rice bran in water or sour and astringent fruit juice.

If necessary, quarter to half an ounce of castor oil may be taken once or twice a day in painful Dysentery or one drachm of fine kadukkai powder may be mixed with the same quantity of castor oil and repeated once or twice a day till the bowels are set right.

Normal food is not to be taken just after recovery but cooling food like fruit juice, curds, milk, butter etc. to be freely used. A wet pack may be applied to the abdomen if there is severe pain and bad bleeding.

Fevers

Many are the causes for fever. Whatever the cause, it results when inflammation affects a part or the whole of an organ or the whole body.

Fevers are not produced by extraneous causes. They are all caused by decomposition of tissues of the body due generally to bad food, bad digestion and bad assimilation. Impaired digestion is the one main cause for every fever and every other disease. Because loss of appetite is the one common symptom in every fever, fasting and regulated diet alone constitue best remedy in every fever and every disease.

As impaired food and digestion and accumulation of impurities are responsible for various fevers, repair of the same must alleviate fevers. So correct constipation, stop every kind of food, fast completely for one, two or three days or even more as the case may be. Take plenty of cold water internally. If the skin is dry and there is no free perspiration, have a steam * bath, even twice or thrice a day.

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* Let the patient be seated in a chair or stool with holes. Get ready a bucket of boiling water and three pieces of red hot bricks beforehand; keep the bucket underneath the seat and dip the first brick; cover the patient's body with the seat and the bucket with blanket or thick cloth so that vapour is not wasted but applied

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This mode of treatment—fasting, correction of bowels rest and steam bath—will be quite sufficient in ordinary simple fevers. No drugs are to be used in any fever. If at all they are used they should be such as are harmless and will remove impurities from the body.

In cases of continued high fever, the steam bath may be followed by wet pack § to the abdomen and to the head and continued throughout the course of fever. If in spite of these wet packs temperature is kept up, cold sponging may be resorted to for 10 minutes twice a day in the day time or even in night time if high fever is kept up. If there is extreme hunger and if the patient cannot bear with water alone, hot rice water may be given provided there is no abdominal disturbance like gas accumlation and distension.

No milk should be given in any kind of fever in any of its stages.

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to the patient's body. The patient is to be naked, or very thin muslin to cover the body. Just sufficient room is to be allowed to breathe. Wait till noise of steaming is stopped. If by this time there is sufficient perspiration and the patient feels tired don't use other bricks; otherwise use one or both as required. After free perspiration the patient is allowed to lie flat on a mattress. Keep the blankets on; see that cold drought does not affect the body. If tired or thirsty give a cup of hot water. After ten minutes when perspiration stops remove the moisture with a clean towel.

Before begining the bath, if the patient is unable to sit he may be allowed to lie on a cot with holes. The sides of the cot are to be closed so as not to allow vapour to escape.

§ Take a clean towel and soak it in ordinary cold water, squeeze it moderately so that sufficient water may be retained in. Fold it into 2 or 4 layers and apply to the abdomen. A smaller towel may be similarly applied to the forehead. Whenever these towels get dried they are to be removed, well soaked in cold water and applied as before.

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If shivering and cold accompany fever a decoction of round pepper (one drachm to half a pint of water) may be taken in two or three ounce doses as hot as can be borne.

If fever is accompanied by inflammation in any part of the body, the same may be fomented every 3 or 4 hours with hot water or hot bran.

In Pneumonia, influenza, and pleurisy where the lungs are inflamed the affected part may be frequently fomented or if necessary hot linseed poultice may be applied and fomented. In its absence poultice may be made of hot boiled rice or a thick paste of purified clay may be applied and fomented.

The same kind of fomentation and poultice may be safely applied to inflamation either local or general on the abdomen.

In all long-standing acute fevers like Typhoid, etc. both the patient and the physician should have a good deal of patience. Recovery will be speedy to the extent worry is reduced.

Fever patients should be very careful in returning to their normal food after recovery. It should be done by gradation. A change of their usual diet, and habits will help them in preventing further diseases.

During convalescent stage of any fever or other disease when the patients are generally weak with fasting and dietic restrictions, they generally go after stimulants and tonics. These are not necessary and are harmful. Alcohol in any shape, coffee, patent foods or any confection or drugs are not to be taken. Egg and meat preparations are also to be avoided.

To lead a natural life is the best tonic. Open air life is to be coupled with fruit and raw vegetable diet. Nuts like almonds, coccanuts, walnuts, vegetable soup with germinated grains will give all the strength and resisting power needed by any person. Above all, have plenty of mental and physical rest and practise calmness of mind.

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Headaches and Pains

Collection of impurities like constipation, etc., with impaired digestion is the main cause of headache. It may be due to mental overwork, derangement of bile, wind or phlegm or of the nervous system due to drug, coffee or alcoholic habit Or it may be the symptom of any chronic or acute fever or other diseases.

Attend first to the evacuation of bowels and other impurities. Correct diet. Fast for one or more days. Have a steam bath once or twice a day accompanied by cold water bath. Have plenty of mental and physical rest. Eyes should have rest. Reading and minute eye work are to be stopped.

No ointment is necessary and it is no remedy for headache. Drugs like aspirin are not to be used as they cannot cure it, and are decidedly harmful. As these drugs weaken the system by repeated use and lead to bad habit, they are to be discarded as one's worst enemies.

The same cause or causes and treatment for headache hold good in pains in any part of the body. Generally these are due to collection of impurities, bad circulation of wind and blood and want of sufficient exercise. Correct diet. Fast as many days as possible, avoiding pulses and wind producing food. Have steam bath every day once, or twice if necessary. Practise walking and deep breathing exercises.

Cough

Anything that will irritate the throat and the lungs will result in cough. It may be brought about by the interference of breathing due to deranged heart and circulation, growths and collections of impure blood or serum in the chest cavity or extra growths of the abdomen obstructing breathing. The irritation may also be due to breathing in impure air containing irritable dust, etc.

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Cough is the symptom observed in diseases like consumption, Pneumonia, Pleurisy, Influenza, Heart disease, Sore throat and Abdominal distension—all due to excess of phlegm, bile or gas as a result of bad food and digestion.

Correct diet. Fast as many days as possible, either partial or whole. Help evacuation of bowels, etc. Take steam-bath daily. Apply linseed, rice or clay poultice and fomentation to the chest. No drugs containing sedatives like opium and similar products are to be used as a check for cough. They weaken the system and lead to a bad habit. The habit of touching the throat with caustics or soothing paints is not beneficial. When the acute stage and general weakness pass away, practise deep breathing exercise very slowly step by step. The advantage will be permanent.

Such of the patients who have no patience and who are eager to be cured will in addition to the above treatment take a decoction of ginger, pepper and long pepper with a little jaggery. They may freely use ginger in their food or drink ; spoonful of ginger and *tulasi* juice may be taken with honey or jaggery.

Never use cod liver oil as a remedy for cough and consumption. It is mere waste.

Sleeplessness

Sleeplessness varies from partial disturbance of sleep to complete sleeplessness and is due generally to collection of impurities both mental and physical. Excessive bile and wind in the body give rise to disturbed sleep. Or it may be due to mental worry, repeated anger or passion or due to the use of stimulant foods and drinks and drugs, like coffe, tea, tobacco, ganja, etc.

Remove the cause. Correct diet. Fast as many days as possible either partial or complete. Be free from mental worry

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and brain work. Be away from such associations as are the cause for anger and passion.

Take steam bath once or twice a day. Have cold water bath early morning and steam or hot water bath an hour before bed time. Take plenty of cold water internally. Have regular breathing and other physical exercises.

Take juice of two good sized lime fruits and mix with half a pint of water and drink early morning. Repeat this 3 or 4 times a day. If necessary rub the head constantly with lime juice.

Remove coffee, tea and stimulating spices from the diet. Prefer cooling raw vegetables to cooked pungent, hot and stimulant food.

You will dig your own grave if you make the drug habit for sleeplessness. Note it that every kind of sleep inducing drug is poisonous. It weakens the heart and the whole nervous system. It induces a bad habit which is worse than sleeplessness itself. No sane patient should employ drugs to induce sleep.

Scanty Urine

Collection of impurities in the body due to concentrated bad food is responsible for scanty urine. Meat, coffee, tea, too much of salt, pungents and spices lead to it. Use of sedative drugs and failure to consume sufficient quantity of water and vegetables equally help this trouble.

Stop all pungents, salt, meat, pulses and spices, habit of coffee, alcohol, tobacco, etc. Have steam bath coupled with cold water bath. Take in as much cold water as you can. Take plenty of cocoanut water and fresh lime juice. Fruits like plantains, oranges, cucumber, melon, gourd, lady finger should be freely used without cooking. If the digestion is good, dilute cow's milk may be taken in moderate quantity. Butter and buttermilk are good. Drugs are not necessary.

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Loss of Blood

Bleeding is found as a symptom in high fever, high blood pressure, extreme biliousness, inflammation and ulceration of the bowels, the urinary and generative organs, the throat, mouth, nose and the lungs, in piles, in Heart disease and in external injuries. Causes may be many but are to be traced to error in diet, resulting in excessive heat, bile, wind and high blood pressure.

Patients generally look upon bleeding as very serious and worry themselves. In many instances it is even beneficial. Nature wants to lessen the burden of extra blood. In other cases the ailment is to be treated according to the causes.

Treat constipation. Avoid heavy food. Take only low antibilious food. Have cold water bath twice or thrice a day. Apply wet pack continuously to the part. Complete rest both mental and physical is quite essential. Avoid drugs.

Swellings

Swelling in any part of the body is due generally to collection of impurities in the body or due to injuries. It shows as inflammation, boil, abscess, simple and malignant tumours, enlargement of various organs, etc.

Begin with fast and take vegetable soup and liquid diet.

Resort to local steam bath, sunbath, linseed, rice or clay poultice and fomentation to the swelling till swelling bursts and puss and blood led out. The discharge of blood and puss may be cleaned with plain water or a decoction of turmeric and nim leaves. In the healing stage when the discharge is about to stop, cover the sore with cocoanut oil.

Fasting, steam and cold bath, raw vegetable diet alone will set right every kind of inflammation and swelling. No operation is necessary. Only when the swelling is deep seated, the skin is thick and poultice cannot help to burst it a

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surgeon's knife may be introduced when the swelling is ripe with puss. Never cut an abscess before it suppurates and points.

Indiscriminate use of surgical instruments has been doing more harm than good. Carbuncles in diabetes, fistula, abdominal swellings, tonsils are not to be operated. These yield to Naturopathy. In the early stage hernia, or even hydrocele requires no operation. Many cases are wrongly diagnosed as appendicites and operated rendering the patient ever miserable. Even genuine cases of appendicites and bowel disorders require no surgical interference. Enlarged tonsils need not be removed. Polypus of the nose and the throat and early tumours and cancer yield to Naturopathy. Fasting, raw vegetable diet and breathing exercise are the essentials of the treatment.

Cuts and Bites

Injuries may vary from the simplest swelling and abrasion to serious wounds, breaking of the bones, crushing of different organs, dislocation of joints, etc. Or it may be burning of any part due to fire, hot fluids or caustics. Bites of animals equally injure the body.

As in other cases, treat constipation and other impurities. Have steam bath unless there is bad bleeding. Fast or have low liquid food. No meat or pulses. Avoid all stimulants. Apply cold pack to the swelling immediately after injury. Later on the part is to be frequently fomented. Simple abrasion and very small wounds may be washed well and covered with clean muslin soaken in cocoanut oil. Big wounds, dislocation and fractures will have to be treated by experienced physicians. Burns and scalds may be immediately covered with a paste of soda bicarb or an emulsion of cocoanut oil and lime water.

[*Note* : These hints have been taken from the writings of the Sadhu Physician of the Saraswati Sangam, Madras. For full details, please read his *Thyself Thy Doctor*, price 6 annas.]

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The Right Diet

Hints concerning diet have already been given ; all the same, one point requires to be emphasised.

Except in wasting diseases like consumption, complete fasting greatly helps recovery and without at least partial fasting, no relief is possible. In respect of this, a most common danger is the use of unwholesome food.

Doctors invariably advise a change in the diet. A change is good, if it is in the right direction : but very often it is in the wrong direction.

Please note that rice is the most easily digestible of all foods. It takes just an hour to digest, whereas most others take two to four hours if not more. And rice conjee, the bare liquid, is the most easily digestible.

Where the patient is accustomed to wheat diet, the similar liquid prepared out of wheat is most advisable.

When digestion is impaired, it is hardly wise to force on the system a new food, unless it is decisively more digestible or essential ; and for us Indians, rice in the South and wheat in the North, are the best.

Your doctor may not agree with this view. If so, it is due to ignorance. In our medical schools, or even colleges, no attention is paid to diet, for the simple reason that from the modern standpoint, Indian diet is yet to be examined. This is the most charitable view to take, when allopaths mislead the people and even kill them as when they advise fever patients to take milk !

Nor should you overlook the shameful fact that most of our doctors are interested personally in popularising what are called " patent foods," and " medicines" ; and greed impells them to recommend such stuff even where they are not aware of its contents. Don't fall into that trap. Safety lies in treating all such " foods" as poison.